



# Meadowcare Home

*Where caring matters*

## APRIL 2023 NEWSLETTER

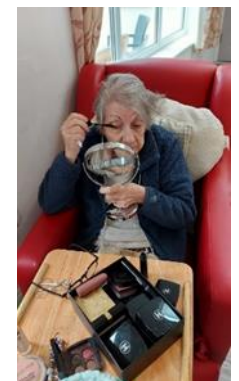
Hello again to all,



Summertime is on the way at long last. You may wonder what we have been doing at Meadowcare, well, we are on a quest to 'get moving' and 'get grooving'.



Firstly, Activity Team have run gentle exercise sessions with balloons, pom poms, and even fly swatter bats (because they are light in weight, they are so suitable). We have had high energy fun and laughs.

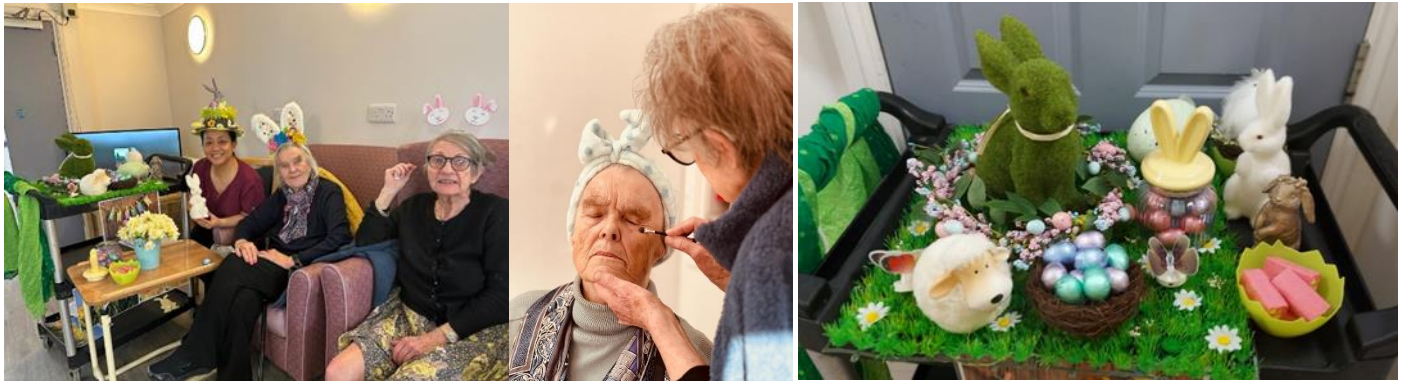




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We are also working in partnership with 'Alive' and the NHS, facilitating music and movement. These will be running monthly throughout Summer and Autumn.



April has been busy also because we have now started up our regular garden group. So many people love this because it covers so many aspects of well-being and we visibly see the results instantaneously. We also have great fun, and you will see the photos.

We also held our Meadowcare Spa Day! Our dear residents have been pampered a lot. What a joy!

Our wonderful administrator, Hardeep, will also be showing us the ropes of beginners Yoga, yeahhh! Watchout for this for next month's newsletter!





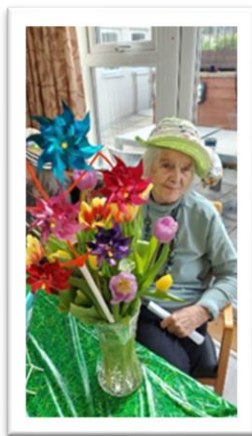
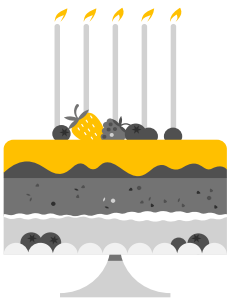
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So, we have lots planned for the next few weeks *the King's Coronation Party time* at Meadowcare, *Shannon*, our resident singer is here also.

## Celebration Corner:

Happy birthday again to our March celebrators,  
*Elizabeth, Pat W., and Anne L.!*



We also have birthdays this month.  
Happy birthday to *Joyce H. and Bejay!*  
Watchout for their birthday photos on the next newsletter!

## Message from the GP:



Our hardworking and ever reliable GP, Dr. Lee Salkeld of Whiteladies Surgery, had administered the Spring COVID vaccinations of our dear residents on the 17<sup>th</sup> of April 2023.



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## Other Events:

Look who is getting married! Best wishes to the lovely bride, *Bilmi!*



## ACTIVITY PHOTOBOARD





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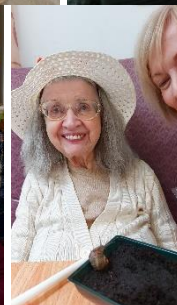
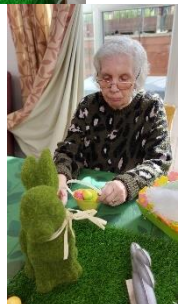
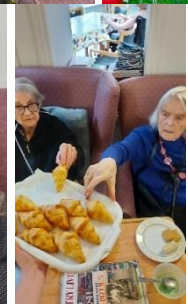
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*“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”*

*– Leo Buscaglia*